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By Taking Lydia E. Pinkham's Vegetable Compound.

Chicago, Ill.—"I must thank you with all my heart for Lydia E. Pinkham's Vegetable Compound. I used to go to my doctor for pills and remedies and they did not help me. I had headaches and could not eat, and the doctor claimed I had female trouble and must have an operation. I read in the paper about Lydia E. Pinkham's Vegetable Compound and I have taken it and feel fine. A lady said one day, 'Oh, I feel so tired all the time and have headache.' I said, 'Take Lydia E. Pinkham's Vegetable Compound,' and she did and feels fine now."—Mrs. M. R. KARSCHNICK, 1438 N. Paulina Street, Chicago, Illinois.

The Other Case.
Dayton, Ohio.—"Lydia E. Pinkham's Vegetable Compound relieved me of pains in my side that I had for years and which doctors' medicines failed to relieve. It has certainly saved me from an operation. I will be glad to assist you by a personal letter to any woman in the same condition."—Mrs. J. W. SHERER, 126 Cass St., Dayton, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.



Neuralgia

sufferers find instant relief in Sloan's Liniment. It penetrates to the painful part—soothes and quiets the nerves. No rubbing—merely lay it on.

SLOAN'S LINIMENT Kills Pain

For Neuralgia
"I would not be without your Liniment and praise it to all who suffer with neuralgia or rheumatism or pain of any kind."—Mrs. Henry Bishop, Boston, Mass.

Pain All Gone
"I suffered with quite a severe neuralgia headache for 4 months without any relief. I used your Liniment for two or three nights and I have suffered with my head since."—Mr. J. H. Swinger, Louisville, Ky.

Treatments for Cold and Croup
"My little girl, twelve years old, caught a severe cold, and I gave her three drops of Sloan's Liniment on sugar on going to bed, and she got up in the morning with no sign of cold. A little boy next door had croup and I gave the mother the Liniment. She gave him three drops on going to bed, and he got up without the croup in the morning."—Mr. W. H. Sprague, Chicago, Ill.

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Sloan's Book on Horses sent free.
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DR. EARL S. SLOAN, Inc., Boston, Mass.

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Lymphangitis, Poll Evil, Fistula
Boils, Swellings; Stops Lameness
and allays pain. Heals Sores, Cuts,
Bruises, Boot Chafes. It is an
ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 K free.

ABSORBINE, JR., antiseptic ointment for medical use. Reduces strains, pain, swelling, soothes, heals, kills. Concentrated—only a few drops required at an application. Price 15c per bottle at dealers or delivered.

W. F. YOUNG, P. O. F., 310 Temple St., Springfield, Mass.

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CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Bloating, Sick Headache and indigestion, as millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

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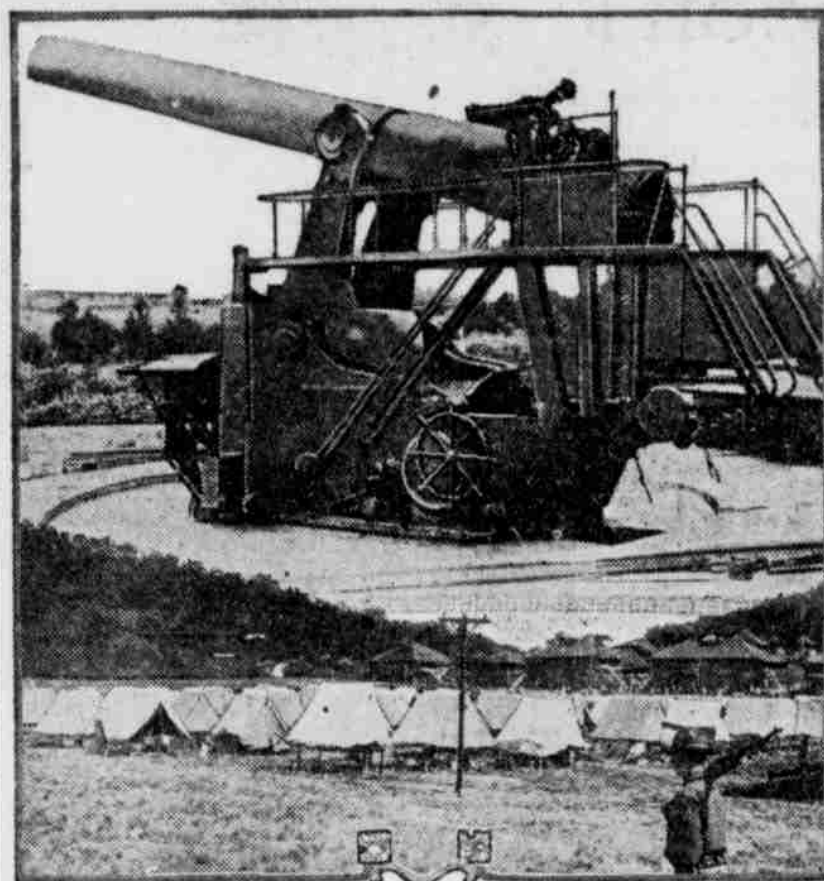
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BIG GUNS to PROTECT CANAL



ONE OF THE GUARDIANS

THE military authorities of the United States have been busy for some months hastening the work of fortifying the two approaches to the Panama canal. Once in a while the public has heard something of this, but as a rule the work has gone on rather quietly and it is only of late that some of the facts have leaked out regarding the scope and character of the defenses which are being prepared.

A little more than three years ago congress appropriated nearly \$20,000,000 for the fortification of the canal. So energetically has the undertaking been pushed since then that before traffic passes through the waterway our coast artillery will be prepared there for any contingency. Out of the total appropriation about \$2,500,000 has been apportioned to the guns and carriages for seacoast batteries.

According to official figures the 16-inch gun is capable of hurling a projectile of 2,400 pounds a distance of 19,350 yards, and at a range of 2.8 miles that armor piercing shot will be able to bore its way through 21 inches of steel. The projectile carries a destructive bursting charge of no less than 125 pounds of dynamite.

The gun alone, when hung in the yoke of the disappearing carriage, will represent a suspended weight of 130 tons, and this will be augmented by the 3,400 pound projectile and the propulsive powder charge of 666 pounds. But this is only part of the story.

Mortars to Cover Three Zones.
For indirect attack upon a foe the seacoast defenses at Panama will rely mostly upon the new design of 12-inch mortars. The very latest report of the chief of ordnance of the army says:

"A number of the more powerful 12-inch mortars of new design referred to in my last annual report as being under manufacture for the fortifications of the Panama canal have been completed and successfully tested. They will have a maximum range of slightly more than 11 miles, as compared with approximately eight and a half miles for the most powerful type previously in use."

In order to send these missiles upon their destructive mission the mortar can be elevated to an angle of 45 degrees. At this elevation the shell would soar skyward until it had reached the climax of its curving flight at a height of a little less than 6,000 yards and then would begin to drop toward the distant target, which is the deck or turret tops of the advancing ship. In this, you see, the army strategist counts upon hitting the foe where he is weakest, for the decks and turret tops are only thinly clad with protecting steel. These cannot be reached by the direct and flatter fire of the guns, but can be attained by the plunging fire or the mortar shell.

The moment the powder is ignited and the generated gases drive that great shell seaward there will be developed within the weapon an impulsive energy amounting to more than 84,000 foot tons, that is, motive force equivalent to lifting more than 84,000 tons one foot in one second. There is no action without reaction, and in this case the recoil is equal to the driving energy back of the shot, and all of this must be absorbed by the gun carriage so nicely and easily that the weapon shall sink without violent shock to the loading position with the muzzle again below the parapet. This is like bringing a racing express to a stop within the space of a few feet.

The weapons that will count most against a foe at Panama are the 14-inch guns which the army has been developing during the last few years, and these are to measure strength with the best that a foreign naval power can offer.

The 14-inch guns, built and building for Panama are of a superior type. These weapons weigh 137,300 pounds each, or a trifle over 61 tons—less than half that of the giant 16-inch gun. Nevertheless these newer weapons hurl their 1,600 pound projectiles with sufficient velocity to penetrate at 5,000 yards a matter of 18.1 inch of Krupp armor. This means that at that range the shot is traveling with a velocity of 1,968 feet a second.

The pent up energy in the shell at the instant it leaves the rifle amounts to the equivalent of a colliding force of 58,528 foot tons, and the disappearing carriages which bear these weapons must work smoothly and without injury when absorbing the recoil involved. We stand alone practically in the possession of this sort of carriage for big guns. While some of these carriages have met the tests of the proving grounds none of them has been subjected at target practice to the tax of their service charges. Also, I am acquainted with about nineteen more people who have the same idea, but have not yet backed it up with their money. How many times have you thought you would like to do it yourself?

There is a fatal fascination in farming for most city people who have had an opportunity to become acquainted with the pleasant side of this oldest of the arts.

What then are the possibilities of buying a worn out farm in a good neighborhood, near a good city, for about \$25 an acre and by careful, scientific farming make a living, and at the same time increase the productivity of the soil to a point where it is worth \$100 an acre?

The success of such a venture depends, primarily, upon two general factors—the degree of the land's exhaustion, and the ability and patience of the man who undertakes the job. Nitrogen can be returned to the land easier and cheaper than either of the other two important plant foods, hence one need not worry over its lack in the worn soil. If potash and phosphorus be very deficient, it is a much more serious question, because they must be purchased, and in many cases the cost of the fertilizer will equal the value of the crop.

The man who undertakes such a task must be prepared to wait long for results, and work hard while he waits. It cannot be done well by hired help entirely, and final success is a matter of years. Worn soil, which still possesses the ability to come back in a mighty good investment at the regular price, and the quickest way to bring most worn soils back to a profitable producing point is to feed them the necessary fertilizers to make them produce crops while you are waiting, and in addition, put on all of the barnyard manure, and turn under all of the green clover crops that you possibly can. Many a man has started a dairy on such a farm, buying most of his feed, and brought the land back to fertility with the manure from the dairy herd.

Painting Rocks With Mush.
In the zoological gardens in London they have just finished building a series of concrete hills and terraces upon which wild animals will roam at large under conditions as nearly natural as possible. These hills and terraces have been painted with a mixture of oatmeal mush and bone meal, the object being to add phosphate to the lime of the concrete, phosphates being essential to the growth of moss and lichens. It is believed that this coating will capture the spores of mosses and lichens and enable them to grow, thus making the surface of the rocks green and more natural in appearance than the bare concrete.

The Logical Cause.
"I notice there is a great deal of snap in the marching of those men." "Naturally. That is our crack company."

The BACKYARD FARMER

PROF. J. WILLARD BOLTE
(Copyright, Western Newspaper Union.)

SPRING FLOWERS.

Spring means little to the city dweller, save light suits, Easter hats, and the end of the coal pile, but to the fortunate mortal who lives in the country or to the one who remembers glorious country springs, it means the rejuvenation of the whole scheme of life.

The dear notes of the first migratory birds seem like whispers of heavenly voices, and the awakening green things lend us new strength to win life's battles. To me, however, the spring flowers bear the sweetest message from the promised land, and he who has not learned to appreciate it is indeed unfortunate.

On the shady side of ravine and hillside, come the daintily tinted and perfumed hepaticas. Only in the wild woods, away from the haunts of man, do they dwell, and one must search carefully beside the dwindling snow-bank under wet leaves to uncover their lovely beauty. White, pink, blue, lavender and rose tints appear side by side, and the green brown leaves push away their winter covering of fallen oak leaves, and form a little tent for the tender blossoms to hide in. Only after the violets come do the hepaticas stand forth, where all may see their chaste beauty.

The sunny slope brings forth the trilliums—white and red, and the curious yellow blossoms that the children call yellow trilliums. To most city dwellers these and the violets are the first spring flowers because they are more abundant, and easier to find than the earlier blossoms.

The blue and yellow violets spring up about the same time as the trilliums, and no flower is dearer to the heart of the childhood.

The dog-tooth violets grow in the deep woods and in certain carefully-guarded secret spots bloom the wonderful spicy shooting stars.

Late in the spring, long after the May apples have dropped their waxy petals, the very fortunate seeker may come across a yellow or pink moccasin, near where the shooting stars grow.

THAT ABANDONED FARM.

I know four men and one woman who actually have acquired abandoned farm lands in the East, with the idea that they are going to rejuvenate those farms and grow healthy and wealthy in the process. Also, I am acquainted with about nineteen more people who have the same idea, but have not yet backed it up with their money. How many times have you thought you would like to do it yourself?

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and more happily than they will in the city. I can state definitely from personal acquaintance with hundreds of such cases that the average factory hand will save more money, lead a more healthful life, live better, and neither he nor his family will work any harder in the country than they now do in the city.

They will be farther away from the corner saloon and the nickel show, but the last two institutions will be the only losers by this separation and the whole family will be the better for it.

No family should move to the country unless the man is ready to work as long as there is work to do and the woman is willing to do the washing whenever necessary. Neither would I advise them to make such a move unless they love the country and know something of actual farm work, for discontent, loneliness and ignorance of how to do the work have been the prime cause of the failures of city farmers.

If you and your wife wish to get ahead in the world and see no opening in the city, one good way to get a start in the right direction is to get a job as farm hand under some good farmer where you will have a tenant house for your family. Work hard, keep your eyes open and learn all you can about farming. When you have accumulated enough money to keep your family a season, rent some good farm on shares, put in your crops, work hard and trust in the Lord.

Remember that farming is one of the most complicated of businesses, involving buying, selling and handling help, as well as conquering nature, but your living is there. Almost every farmer who did not inherit his farm built it up year by year by just this kind of process, and you can do the same in the same way.

PARASITES AND PO.SCN.

Lice and hens are almost inseparable companions. If you want a profitable combination of hens and eggs you must get rid of lice. I have been in the course of my study of this industry, and to the best of my belief I have never seen a farm flock of hens that was not more or less lousy. This is the reason that the average hen in the United States does not lay enough eggs to pay for her keep, if any one thing may be assigned as the reason.

There is no excuse why the city and suburban poultry keeper should have lice on his fowls, and he must get rid of them if he is to be thoroughly successful. Chicken lice are divided into two groups, head lice and body lice. The former are relatively unimportant, as they do not interfere with grown fowls to any great extent. They are a source of great danger to baby chicks, however, and they infest almost all chicks that come into contact with mature fowls, or the places that they frequent.

Head lice attach themselves to the feathers and skin of the head, under the wings, and around the vent of the baby chick. They can only be overcome by first keeping the chicks away from sources of infection, and second, greasing them thoroughly with lard when they are first placed with the hen, and keeping careful watch for later infection.

Body lice are the great plague of the domestic fowl, and they are even more common than fleas on dogs. These vermin run about on the skin of the chickens, eating the outer layer of the skin, and keeping them constantly irritated. In aggravated cases they will even cause the blood to break through the skin. They infect chickens and turkeys more than water fowl, and they never leave the body of the host voluntarily.

The price of freedom from lice is eternal vigilance. Be sure that any chickens you introduce to your hen house are free from lice. Powder them well with insect powder before turning them loose. Have a dry dust bath in a sunny spot and if the hens do not use it on fair days change the spot, for the only way a chicken has to cleanse itself and smother out the lice is by dusting.

Have the interior of the house and the nests whitewashed thoroughly at least twice a year, putting some carbolic acid in the wash. Once every two weeks in winter, and twice a week in hot weather, paint the roosts with a good strong solution of lime paint about two hours before the hens go to roost. Be sure to get it into all of the cracks and crevices.

Change the nesting straw at least once a month and use only clean straw. When you change it paint or spray the interior of the nests with the lice paint.

Red or spider mites are not lice, but they do just as much, if not more harm. They feed on the fowls' blood at night, sucking it like a mosquito, and in a badly infested house they have actually been known to bleed the hens to the point of exhaustion and subsequent death. Fortunately they are easily controlled and by the same methods that are used to kill lice. Be sure that the roosts and nests are kept clean and disinfected with lice paint. Do it as thoroughly as you would for bedbugs in the home and you will soon get rid of the mites.

These miserable little pests live on the perches and walls of the hen house, and about the nests. They avoid the light during the day time and sometimes are present in large numbers without being detected. Take no chances, but keep the roosts saturated with lice paint, and if possible have the roosts supported away from the walls so that they cannot hide between the end of the roost and the walls.

Polarine

Insures Perfection in Lubrication

Improper lubrication is often the cause of motor troubles for which the motor car, motor boat or motor truck itself is blamed.

Use POLARINE—perfect lubrication. It develops every motor's maximum efficiency, maintaining the correct lubricating body of any motor oil and temperature—flowing freely at zero, and obviating the necessity of changing oil for cold and hot weather driving.

STANDARD OIL COMPANY
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Makers of Lubricating Oils for the Leading Engineering and Industrial Works of the World.

An Agreeable Cure.
"If I ever have to choose a disease," said Weary Walker, "I'll pick neurasthenia."
"What's good for it, Weary?"
"Complete rest."

PIMPLES ALL OVER FACE

1413 E. Genessee Ave., Saginaw, Mich.—"Cuticura Soap and Ointment cured me of a very bad disease of the face without leaving a scar. Pimples broke out all over my face, red and large. They feasted and came to a head. They itched and burned and caused me to scratch them and make sores. They said they were seed warting. At night I was restless from itching. When the barber would shave me my face would bleed terribly. Then scabs would form afterwards, then they would drop off and the so-called seed warts would come back again. They were on my face for about nine months and the trouble caused disfigurement while it lasted."

"One day I read in the paper of the Cuticura Soap and Ointment. I received a free sample of Cuticura Soap and Ointment and it was so much value to me that I bought a cake of Cuticura Soap and a box of Cuticura Ointment at the drug store. I used both according to directions. In about ten days my face began to heal up. My face is now clear of the warts and not a scar is left." (Signed) LeRoy C. O'Brien, May 12, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Modified Offense.
"Are you a deserter from the navy?"
"Now," replied the sailor man; "jes' playin' hookey from school."

Red Cross Ball Blue, much better, goes farther than liquid blue. Get from any grocer. Adv.

Its Kind.
"What sort of a game are they playing with the oyster question in Annapolis?"
"I guess it is some kind of a shell game."

Wives! Mothers! Daughters! Just a Word With You!

A woman's organism is a very delicate thing—it very easily gets out of order—just like a delicate piece of machinery, it requires more than ordinary care and attention.

There are many signs which point to disorder, such as headaches, unaccountable pains in various parts of the body, listlessness, nervousness, irritability, dizziness, faintness, backache, loss of appetite, depression, and many others.

Dr. Pierce's Favorite Prescription

has been the means of restoring thousands of suffering women to natural health and strength. For more than forty years it has been successfully carrying on this great work. Today it is known throughout the length and breadth of every land. Women everywhere look upon it as a helpful friend. Let it aid you.

Sold in liquid or tablet form by druggists, or trial box mailed you for 50 cents from Dr. Pierce's Dispensary, Buffalo, N.Y.

Dr. Pierce's Pleasant Pellets regulate Stomach, Liver and Bowels

Watch Your Colts

For Coughs, Colds and Diarrhea, and at the first symptoms of any such ailment, give small doses of that wonderful remedy, now the most used in existence.

SPHON'S DISTEMPER COMPOUND

50 cents, or delivered by SPHON MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

There is Comfort in Beecham's Pills

(The Largest Sale of Any Medicine in the World)

and learn what a difference they will make. By purifying the system they insure better digestion, sounder sleep, quieter nerves, and bestow the charm of sparkling eyes, a spotless complexion and vivacious spirits. Thousands upon thousands of women have learned, happily, that Beecham's Pills are reliable and

The Unfailing Home Remedy

Sold everywhere. In boxes, 10c, 25c. The directions with every box are very valuable—especially to women.